

Division of Community Nutrition

<i>Subject:</i> Food Prescriptions		<i>Policy:</i> FDS 02.0-C
<i>Reference:</i> CFR §246.10	<i>Effective:</i> August 12, 2013	<i>Supersedes:</i> October 1, 2009

I. **Policy:**

WIC food packages provide a tailored selection of foods selected to provide specific nutrients that may be lacking in the diets of eligible WIC participants. These foods include iron-fortified infant formulas, milk, cheese, eggs, iron-fortified breakfast cereals (hot or cold) or infant cereals, fruit and vegetable juices, fresh, frozen or canned fruits and vegetables, whole grains, dried or canned peas or beans, peanut butter and baby food. Canned salmon and tuna are also provided for fully breastfeeding women. The quantity and types of supplemental foods prescribed shall be appropriate for the participant, taking into consideration the participant's age and dietary needs/preferences.

II. **Procedure(s):**

A. There are currently seven food prescriptions designed for WIC participant by categories.

- 1) Infants from 0 through 5 months of age
- 2) Infants 6 through 11 months of age
- 3) Women, infants and children with special dietary needs
- 4) Children 1 through 4 years of age
- 5) Pregnant women
- 6) Postpartum and partially breastfeeding women
- 7) Fully breastfeeding women.